

# Eat Smart Be Smart

## TEACHING NUTRITION THROUGH MATH, SCIENCE, LANGUAGE ARTS AND HEALTH ENHANCEMENT

Welcome to *Eat Smart Be Smart*, the exciting curriculum guide that offers kindergarten through fifth-grade educators the opportunity to teach nutrition in conjunction with the core subject areas of math, science, language arts, and health enhancement. This curriculum was designed for educators to provide students with behavior-focused, science-based nutrition education that is interactive and teaches the skills needed to adopt a healthy lifestyle. Each grade level has six lessons that are about 30-60 minutes in length. The lessons were developed to teach with minimal preparation or additional supplies. Most of the masters are in black and white ink for easy reproduction. The lessons meet at least one Montana Math, Science or Language Arts State Content Standard as well as one Health Enhancement State Content Standard.

We are all aware of the rising obesity epidemic in children. This curriculum can help students learn about the importance of nutrition and physical activity early on, and in turn, help them develop healthy, lifelong habits. Thank you in advance for your interest in health.

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- List of Montana Educators that Piloted the Lessons
- Evaluation Form for the Curriculum
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# Lesson Titles and Subject Area

## Listing By Grade Level

### Kindergarten

Fight BAC (Science)  
Where Does Food Come From? (Science)  
Eat the "High Five" Way (Math)  
The Grain Train (Language)  
Strong Bones...3 is the Key (Math)  
Fun Fruit & Vegetables Find (Language)

### First Grade

Introducing MyPlate (Math)  
Fuel Your Tank with Breakfast (Language)  
Safety First (Science)  
Fruits & Vegetables...A Colorful Plate (Language)  
Picnic Portions (Math)  
Healthy Heart (Science)

### Second Grade

Eat Smart with MyPlate (Language)  
Breakfast Blast-Off (Language)  
Think About Your Drink (Science)  
Delicious Dairy (Math)  
"High Five" for Fiber (Math)  
Heart Power (Science)

### Third Grade

Be a MyPlate Kid (Language)  
Nifty Nutrients (Math)  
Iron Investigation (Science)  
All Shapes & Sizes (Language)  
Whole Grain Goodness (Science)  
Label Logic (Math)

### Fourth Grade

MyPlate for MT Kids (Language)  
Food Math (Math)  
You Are What You Eat (Math)  
Make Calcium Count (Science)  
Be Heart Smart (Science)  
Be An Ad-Buster (Language)

### Fifth Grade

Variety, Balance and Moderation (Language)  
Meet the Power Foods (Science)  
What's the Right Amount of Food for Me? (Math)  
Checkin' It Out... What's on the Label? (Math)  
Find the Fat... Fast Food Detective (Science)  
Tuning In (Language)